

In 95% of all emergencies, the victim or bystander provides the first immediate assistance on the scene.

**Would you know what to do?**



## **LEARN THE SKILLS YOU NEED AT: COMMUNITY EMERGENCY PREPAREDNESS CLASS**

Learn skills to help you take care of yourself, family, neighbors and others in the event of an emergency through the **free**, Greater Exeter Citizen Corps training in Community Emergency Preparedness.

Topics include:

- Family and Workplace Preparedness
- Disaster Psychology
- Safety Strategies Involved in a Terror Attack
- Fire Safety
- Search & Rescue
- Incident Command Systems
- First Aid/CPR (certification from the American Heart Association)

**Wednesdays 6:30-8:30pm September 26 – October 24**

**AND Saturday October 20 8:30am-4pm**

Newmarket Fire Department  
4 Young Lane, Newmarket, NH

**Registration: [www.NHResponds.org](http://www.NHResponds.org) (Greater Exeter MRC)  
or contact Samantha Brann at 603-335-0168, [sbrann@hscstrafford.org](mailto:sbrann@hscstrafford.org)**



The Greater Exeter Citizen Corps is a program of the Greater Exeter Region Public Health Network serving the communities of Brentwood, East Kingston, Epping, Exeter, Freemont, Hampton, Hampton Falls, Kingston, Newmarket, Newfields, Newton, Nottingham, Raymond, Seabrook, South Hampton, and Stratham. It is a registered affiliate of the national Citizen Corps, Community Emergency Response Team and Medical Reserve Corps programs.

